

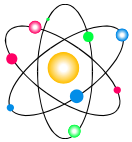
Are You Getting Enough Zinc?

How much do I need?
10-25 mg/day

How does zinc work?

Zinc aids in:

- ⌘ Immunity
- ⌘ Wound healing
- ⌘ Bone growth
- ⌘ Sense of taste & smell
- ⌘ Energy metabolism
- ⌘ Formation & activation



of enzymes &
proteins like albumin
& insulin

So, if I don't get enough,
zinc deficiency will
cause:

- ⌘ Increased infections
- ⌘ Anemia
- ⌘ Loss of appetite
- ⌘ Abnormal taste & smell
- ⌘ Rough, dry skin
- ⌘ Cracked lips & tongue
- ⌘ Damaged hair
- ⌘ Night blindness
- ⌘ Poor wound healing



What foods contain zinc?

Oysters, mussels &
clams
Whole grains
Beef, pork & turkey
Beans, nuts & seeds
Liver
Peas & lentils
Ricotta, Swiss &
Gouda Cheese

Do some people need
more zinc? Some
conditions do:

- ⌘ Diabetes
- ⌘ GI diseases
- ⌘ Liver & kidney failure
- ⌘ Aging
- ⌘ Alcoholism



Can I get too much?

100 mg/day can cause
toxicity symptoms of:

- ⌘ Vomiting & diarrhea
- ⌘ GI irritation
- ⌘ Depressed immune
function
- ⌘ Copper deficiency